

# WAUKEGAN KIDS AND TEENS

## OTTERS: Swim Lessons for Youth with Disabilities

Tired of feeling like an otter out of water? Swimming is an essential life skill for safety, fitness and fun! Special Recreation is offering swimming lessons for children with special needs. All lessons are based on the SwimSmart Program but are designed around the individual swimmer. Whether your goal is to just get comfortable in the water, support sensory experiences or become a competitive swimmer, Special Recreation can guide you along the way. We encourage you to jump on in; the water's great!



\*Lessons are 30 minutes and have a maximum group size of 2 swimmers to one instructor. Swim times are offered between 9:00am until 1:00pm. Times will be assigned based on instructor availability and space in the pool. Registrants will receive time assignments the week class begins. Please contact Kari at 847-360-4763 to complete an initial assessment of your child's current skill level.

Location: Field House | Age: 4-14 years | Fee: \$54R/ \$64NR per session | Reg. Deadline: One week prior  
\* No class on 11/25

CODE	DAY	DATE	TIME
40402205-1A	Sa	9/9-10/14	contact 847-360-4763 for assigned time
40402205-1B*	Sa	11/4-12/16	contact 847-360-4763 for assigned time

## Yoga Stories

Stretch out your stress! Despite being young, kids carry a lot of stress these days. Yoga is known to increase physical flexibility, develop focus, and refine balance. Join us for a thirty minute yoga story that involves yoga poses, music, and stories to engage the child in each pose. Parents are required to stay and encouraged to assist their child as needed or participate with us!

Location: Douglas House | Age: 6-12 Years | Fee: \$5R / \$8NR per session

### INTO THE WOODS

CODE	DAY	DATE	TIME	REG. DEADLINE
41101202-1A	Sa	9/30	10:00am-10:30am	9/23

### OUT IN THE GARDEN

CODE	DAY	DATE	TIME	REG. DEADLINE
41101202-2A	Sa	11/18	10:00am-10:30am	11/11

### ON THE MOVE

CODE	DAY	DATE	TIME	REG. DEADLINE
41101202-3A	Sa	12/16	10:00am-10:30am	12/9



\*Camp & School's off programs have limited spaces for children that require one on one services. Once the limit is reached, your child will be placed on a waiting list until after the registration deadline. Only if space and staffing become available can children on the waiting list be moved into registration.

## School's Off

Just because there is no school doesn't mean you have to sit around all day. SRSNLC is going to provide you with a full day of your favorite subject, recess! Join us as we spend the day on fun fieldtrips, playing games, and getting to know new friends. Please send a sack lunch.

Location: Belvidere Recreation Center | Age: 5-12 Years  
Fee: \$30R / \$45NR | Reg. Deadline: Two weeks prior

CODE	DAY	DATE	TIME
41102202-1A	M	10/9	9:30am-4:00pm
41102202-2A	Tu	10/10	9:30am-4:00pm
41102202-3A	F	11/10	9:30am-4:00pm
41102202-4A	W	11/22	9:30am-4:00pm





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## Snowflake Camp Days

Winter blahs put you in a freeze? SRSNLC will help you thaw. Join in the winter fun at our camp. Children go on field trips, have fun in the snow, and meet new friends. Don't waste your winter break. Spend it with SRSNLC for a chilling good time. **Send a bag lunch each day. A medication release must be on file before the start of camp.**

**Location:** The Belvidere Recreation Center  
**Age:** 6-12 Years | **Fee:** \$27R / \$41NR per day

CODE	DAY	DATE	TIME	REG. DEADLINE
41102206-1A	W	12/27	9:30am-4:00pm	12/13
41102206-1B	Th	12/28	9:30am-4:00pm	12/14
41102206-1C	F	12/29	9:30am-4:00pm	12/15
41102206-1D	W	1/3	9:30am-4:00pm	12/20
41102206-1E	Th	1/4	9:30am-4:00pm	12/21
41102206-1F	F	1/5	9:30am-4:00pm	12/22

## Blizzard Camp Days

Tired of being stuck inside all winter? Break through the barriers of ice that keep you from having fun! Join SRSNLC as they offer winter break camp for teens with developmental disabilities. Go on great field trips, play games, and keep your social life from freezing over during the winter break! **Send a bag lunch each day. A medication release must be on file before the start of camp.**

**Location:** The Douglas House  
**Age:** 13-17 Years | **Fee:** \$27R / \$41NR per day

CODE	DAY	DATE	TIME	REG. DEADLINE
41102302-1A	W	12/27	9:30am-4:00pm	12/13
41102302-1B	Th	12/28	9:30am-4:00pm	12/14
41102302-1C	F	12/29	9:30am-4:00pm	12/15
41102302-1D	W	1/3	9:30am-4:00pm	12/20
41102302-1E	Th	1/4	9:30am-4:00pm	12/21
41102302-1F	F	1/5	9:30am-4:00pm	12/22

### PROGRAM GUIDE KEY



**BUS – Door to Door**  
Programs with this symbol offer door to door transportation with additional fee.



**HOUSE – Transportation Home Only**  
Programs with this symbol offer transportation home only.



**DOLLAR BILL – Bring Spending Money**  
Programs with this symbol require additional money be brought for the purchase of a meal or souvenirs.

**TRANSPORTATION:** To be eligible for transportation, you must live in Waukegan and be a Waukegan Park District Resident.

## Time to Spare Bowling Adult & Junior

Do you have time to spare for a friendly game or two? Bowling can help improve hand-eye coordination, strength, flexibility and gross motor skills. Socialize while you wait for your turn. Bowlers will receive refreshments, snacks and a prize on the last day of class. **Door to Door transportation is offered for the Adult program.**

- **Adults Fee will include two games of bowling and rental shoes for 10 weeks.**
- **Junior bowlers will bowl for 8 weeks, and the fee includes one game and shoe rental.**

**Location:** Brunswick Zone

**Adult Age:** 13 & Older

**Adult Fee:** \$79 R (\$113 w/ transportation) / \$119 NR

**Juniors Age:** 6-12

**Junior Fee:** \$38R / \$57NR

**Reg. Deadline:** September 26, 2017



AGE GROUP	CODE	DAY	DATE	TIME
ADULT	41101303-1A	W	10/4-12/6	4:45pm-6:00pm
JUNIOR	41101203-1A	W	10/4-11/22	5:00pm-5:45pm